

# Take Charge!

FOR HEALTH AND LIVING



OCTOBER 2010

## Wake Up to a *Better* BREAKFAST

**W**hat to have for breakfast is a daily dilemma for some. You might be short on time or short on healthy options. You might be trying to cut calories. Or maybe you just don't feel like eating early in the day.

### Why bother with breakfast?

Compared to people who don't eat breakfast, those who do perform better at work and in school, have a higher intake of important nutrients and fiber, and avoid mood swings and irritability from hunger. Eating breakfast is also crucial to weight control.

**What are the basics of a healthy breakfast?** Think 4 ingredients:

**Fiber** – whole-grain breads, cereals or tortillas.

**Fruit and vegetables** – any and all.

**Protein** – hard-boiled eggs, lean meats, fish, nuts and nut butters.

**Low-fat dairy** – skim milk, low-fat yogurt and cheeses.

When time is short, a healthy breakfast can take less than 15 minutes. And you'll find many easy, creative choices, such as those listed at right.



To overcome a lack of appetite, start small with a glass of juice or carton of yogurt, and get in the breakfast habit by sampling different things. For example:

- An apple and ¼ cup of walnuts.
- Cottage cheese or yogurt topped with fruit and nuts.
- Whole-wheat English muffin topped with 1 tbsp almond butter and raisins.
- Soymilk and frozen banana whipped with protein powder (sugar-free).
- Whole-grain toast topped with ½ cup scrambled egg substitute, sliced tomato and cottage cheese.
- Fiber-rich bran flakes or granola with berries, plus skim milk.
- A hard-boiled egg and slice of turkey bacon in a whole-wheat tortilla wrap.

*Let your day begin  
with breakfast!*

## CITY EVENTS

### Benefits Open Enrollment

Monday, September 27 –  
Wednesday, October 27

### Puget Sound Heart Walk

Saturday, October 2

7:30 am – 12 noon

Seattle Center

Info: [pugetsoundheartwalk.org](http://pugetsoundheartwalk.org)

### Stress Management

Tuesday, October 5

12 noon – 1:00 pm

SMT Room 4050

Wednesday, October 20

12 noon – 1:00 pm

SMT Room 4050

### Benefits Fairs

Wednesday, October 6

9:30 am – 2:30 pm

City Hall – Bertha K. Landes Rm.

Tuesday, October 12

7:30 – 10:30 am

Rainier Community Center

Thursday, October 14

7:30 – 10:30 am

Bitter Lake Community Center

### Blood Pressure Screening

Tuesday, October 26

Stop by 10:30 am – 1:30 pm

SMT Room 4096

### Flu Shot Clinics

Throughout October and  
November at multiple locations.

Bring your medical card.

Dates and information:

[personnelweb/benefits/home.aspx](http://personnelweb/benefits/home.aspx)

## INSIDE

■ CUBICLE WORKOUTS ■ EXERCISE AND ILLNESS ■ COMPLEXION CLARITY  
■ LIVER CARE ■ CYCLING SAFETY ■ MONEY SMARTS ■ PRODUCE POWER



**SUBSCRIBERS:** Find more tips  
on everyday wellness available  
at Well Connections:

[www.personalbest.com/Extras/bbwc1010](http://www.personalbest.com/Extras/bbwc1010)



## Cubicle Workouts

**If your biggest obstacle to a fitter lifestyle is sitting all day at a desk, try this:** Work out in your office space or cubicle.

Simple exercises at your desk can boost alertness and reduce risk of overuse injuries, such as carpal tunnel syndrome, as well as back pain, fatigue and muscle tension. On your breaks you might try:

1. **Shoulder shrugs:** Inhale deeply, then shrug your shoulders and lift them up to your ears. Hold, release and drop.
2. **Arm circles:** Stretch your arms straight out in front of you with hands curled into fists. Rotate your arms making small circles in the air in one direction, then reverse.
3. **Leg extensions:** Holding the seat of your chair, extend your legs straight out in front of you. Flex and point your toes 5 times, and release.
4. **Triceps presses:** Place both hands on your chair arms and slowly lift your bottom off the chair. Lower yourself back down and stop short of sitting. Hold for a few seconds.

Don't forget to stretch. Stretch 5 minutes after you begin your workout and afterward. To prevent injuries, always stretch when your muscles are warm from activity. *Note:* If you have a back injury or other condition, get your health care provider's okay first before trying these exercises.

# Exercise and Illness

**C**an staying fit also strengthen immunity? According to the American Council on Exercise (ACE) and numerous studies, the answer is yes.

## What is the exercise-immunity connection?

During moderate-intensity exercise, immune cells circulate through the body more quickly and are better able to fight infection.

Studies show that 45 minutes of moderate exercise, such as walking or light jogging on most days of the week, may reduce your risk of getting sick by up to 50%. People who exercise regularly reported having fewer colds, according to ACE.

## ACE offers these tips to boost immunity:

- Eat a well-balanced diet.
- Avoid rapid weight loss.
- Get enough sleep.
- Exercise 30 to 45 minutes most days of the week.



- Avoid overtraining and chronic fatigue, which can stress your body and have the opposite effect on the immunity response.

**If you are sick,** exercise cautiously – when in doubt check with your health care provider.

**Avoid exercise** if you have symptoms such as chest congestion, respiratory infections, fever and swollen glands.

If you are recovering, resume physical activity gradually to avoid a relapse of illness. Drink water regularly to stay hydrated.

# Complexion Clarity

**A**cne breakouts aren't just a symptom of adolescence – they happen to adults, too. Breakouts occur when pores become clogged with *sebum*, a naturally occurring oil that lubricates the skin and hair. The glands that produce sebum are on the forehead, nose, and chin – the T-zone – which makes these areas prone to breakouts.

You can prevent and treat common acne with proper skin care. Start with these basics:

- ✗ Wash your face twice a day with warm water and mild soap. After cleansing, use an over-the-counter lotion with benzoyl peroxide, which reduces oil and bacteria.
- ✗ Avoid touching your face with your fingers and frequently touched objects, such as the phone.
- ✗ Remove makeup before sleeping. Wear non-comedogenic or non-acnegenic makeup. Avoid using someone else's makeup and throw out old products.
- ✗ Keep hair clean and away from your face. Tie long hair back during warmer weather and when exercising.
- ✗ Protect your skin from the sun. Sun exposure can cause the body to produce extra sebum.
- ✗ Eat a balanced diet and control stress.
- ✗ Don't pop pimples. Popping them can push bacteria further into the skin, leading to increased swelling and redness, and scarring.

If you take care of your skin and still have trouble controlling acne, ask your health care provider about treatment.





# Taking Care of Your Liver

## Why should you be concerned about your liver?

- Your liver is the body's largest organ. It aids immunity, removes harmful substances from your blood and performs many other vital functions.
- One in 10 Americans is affected by liver disease, which is a leading cause of death.
- Liver diseases can be caused by contagious viruses, drugs, poisons or overconsumption of alcohol.

## What steps can you take to protect your liver?

- Eat a healthy diet and exercise regularly.
- Maintain a healthy weight and cholesterol level.
- Use medications properly, especially when taking multiple medications.

- Limit your alcohol intake – no more than one drink a day for women and two a day for men.
- Avoid smoking.
- Limit your exposure to toxins such as insecticides, cleaning products and other chemicals. If you must use these items, wear protective gear such as a mask and gloves.
- Consider hepatitis A and B vaccines if you are at risk. For information on risk factors, see [www.cdc.gov/idu/hepatitis/vaccines.pdf](http://www.cdc.gov/idu/hepatitis/vaccines.pdf). Avoid sharing razors, needles, toothbrushes, and other personal items; practice safe sex; and wash hands thoroughly before eating, before preparing food and after using the bathroom.

Take good care of your liver and it will help take care of you.

# Cycling Safety

**B**icycling – what more could you want in a sport? Biking offers fun, travel, scenery, group support, several speeds, and exercise. It helps you burn calories, strengthen muscles and improve heart health. And it's relatively easy on your joints. But when you get on your bike, don't forget safety.

Biking injuries send more than half a million Americans to emergency rooms and result in hundreds of deaths each year. Most serious bike accidents involve a collision with a motor vehicle. Factors that raise bike injury risk include:

- age under 16 or male gender
- drug or alcohol use
- racing or doing stunts
- unsafe biking conditions
- not wearing a helmet
- not observing traffic laws

Most cycling deaths and disability result from head injuries. Scrapes,



bruises, broken bones and overuse injuries are also common. **Before you pedal, practice prevention:**

**Wear protective gear.** A properly fitted helmet is essential; it should sit level on your head (not tilted backward) with pads and straps adjusted for a snug fit. Also consider goggles, cycling shoes, bright or reflective clothing, and a cushioned seat, handlebars, gloves and shorts.

**Perform safety checks.** Make sure your bike fits your body, with handlebars and seat adjusted correctly. Keep your reflectors, lights and bicycle in proper repair. Test your brakes before every trip.

## QUIK<sup>RISK</sup><sup>TM</sup> Money Smarts

### Managing your financial affairs can be overwhelming at times.

How money-wise are you?  
Check the boxes that apply:

- ☐ Yes I check my credit report  
☐ No once a year.

**Why you should:** You can spot potentially harmful errors and help prevent identity theft. For this reason it's important to verify that there are no errors in your personal information or any open claims that don't belong to you. You can request the credit report once every 12 months from the 3 reporting agencies at [www.annualcreditreport.com](http://www.annualcreditreport.com).

- ☐ Yes I am regularly saving for retirement.  
☐ No

**Why you should:** Just \$10 to \$20 a week can add up. For example, \$20 a week invested in growth mutual funds from age 40 to 65 can build a nest egg of \$92,000. Start at age 25, and it could grow to nearly \$370,000. If you haven't signed up for a 401K plan at work, talk to your human resources department.

- ☐ Yes I check my bank  
☐ No account balance before I use my debit card.

**Why you should:** Overdraft fees add up quickly if you constantly exceed your account balance. Banks are required to get your permission before covering debit card overdrafts. Let the bank know your overdraft preference.

If you checked "yes" for all three, congratulations! You're taking important steps toward long-term financial health. If you checked "no" for any of the measures above, take action now – it's never too late to be financially savvy.

## STAY IN TOUCH

Keep those questions and suggestions coming!

phone: 800-871-9525

fax: 205-437-3084

e-mail: editor@personalbest.com

website: www.personalbest.com

Editor: Susan Cottman

Assistant Editor: Kim Wake

Advisors: Timothy J. Halm, MD, ASAM; Mary P. Hollins, MS, JD; Leslie B. Hutchinson, PhD; Wm. Richard Ludwig, MD; Diane McReynolds, Editor Emeritus; Charles Stuart Platkin, PhD, MPH

Designer: Nicolai Petersen

Reproduction in any form of any part of this publication is a violation of federal copyright law and is strictly prohibited. ©2010, Oakstone® Publishing, LLC, dba Personal Best®, 100 Corporate Parkway, Suite 600, Birmingham, AL 35242; (800) 871-9525, Oakstone, Personal Best and Body Bulletin are registered trademarks of Oakstone Publishing, LLC.

The content herein is in no way intended to serve as a substitute for professional advice. Sources available on request.

## Fall Benefits Checklist

Have you completed your benefits checklist? Check off the following as you plan for 2011.

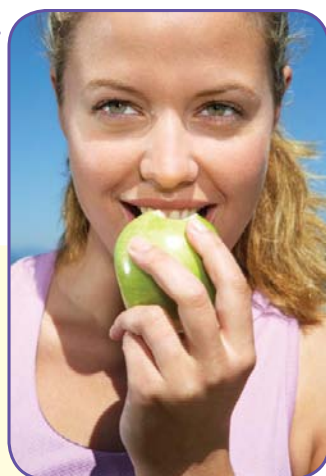
- ☐ Check out health care plan changes. Guides available at: [personnelweb/benefits/enrollment.aspx](http://personnelweb/benefits/enrollment.aspx).
- ☐ Go to a Benefits Fair (see page 1).
- ☐ Total your 2010 out-of-pocket health care expenses and estimate 2011 FSA deduction (don't include over-the-counter items which will be significantly reduced next year).
- ☐ (Re)enroll in a health or dependent care Flexible Spending Account: [selfservice.ci.seattle.wa.us](http://selfservice.ci.seattle.wa.us).
- ☐ Review new eligibility rules. Letter is at: [personnelweb/benefits/home.aspx](http://personnelweb/benefits/home.aspx).
- ☐ Try accessing ESS from your home computer: [wald1.seattle.gov/dea/hris/LogOn/logon/default.aspx](http://wald1.seattle.gov/dea/hris/LogOn/logon/default.aspx).
- ☐ Review beneficiaries: [selfservice.ci.seattle.wa.us](http://selfservice.ci.seattle.wa.us).
- ☐ Get your seasonal flu shot. Clinic schedule at: [personnelweb/benefits/home.aspx](http://personnelweb/benefits/home.aspx).

**Make your 2011 benefits changes by 5:00 pm on October 27.**

## QUIKQUIZ: Produce Power

Check your knowledge of the benefits of fruits and vegetables. Circle true or false:

- 1) ☐ T ☐ F Fruits and vegetables are composed mostly of water.
- 2) ☐ T ☐ F A cucumber is a fruit.
- 3) ☐ T ☐ F Vegetables do not contain calcium.
- 4) ☐ T ☐ F Dietary fiber, found in most fruits and vegetables, is also found in animal products.
- 5) ☐ T ☐ F Coleslaw can be a cancer fighter.
- 6) ☐ T ☐ F The amount of water used in cooking vegetables won't affect their nutritional content.



## ANSWERS

1. **True.** Fruits and vegetables typically contain 80% to 95% water by weight – cucumbers are about 96% water, and bananas are about 75%. Fruits and veggies contain virtually all of the nutrients for good health, yet they're low in calories, have little fat and no cholesterol. And we have hundreds of varieties available to us.
2. **True.** Botanically, a fruit is a plant that has seeds. So cucumber, eggplant, avocado, tomatoes, peppers and some others you might not expect are technically fruits.
3. **False.** Broccoli, bok choy and dark leafy greens, such as Swiss chard, kale and mustard greens, are good sources

- of calcium. These nutritional gems also supply vitamins A and C, folate and iron.
4. **False.** Fiber is found only in plant foods. Produce especially high in fiber includes artichoke hearts, peas, corn, sweet potato, avocado, pears and berries.
5. **True.** Coleslaw is made with cabbage, of the disease-fighting cruciferous family. This includes broccoli, cauliflower, bok choy and Brussels sprouts. Crucifers contain anti-carcinogenic substances that may lower risk of several kinds of cancer.
6. **False.** When cooking veggies, cook quickly and use little or no water to reduce the loss of nutrients. Best methods: steam, stir-fry and microwave.

## Mango Chicken Salad with Spicy Lime Dressing

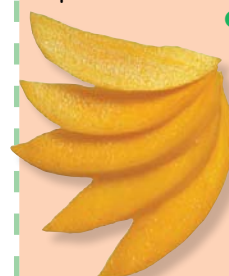
### Spicy Lime Dressing:

- $\frac{1}{4}$  cup fresh lime juice
- 1 tbsp chili garlic sauce
- 1 tbsp honey
- 1 tbsp white wine vinegar
- 4 cups baby spinach leaves
- 2 cups cooked chicken breast, chopped
- 1 medium mango, peeled and cubed
- 1 small avocado, peeled and cubed
- $\frac{1}{2}$  cup red onion, thinly sliced

Note: Chili garlic sauce is a bottled condiment found in most markets.

- 1 In a small bowl, mix dressing; if possible, do this at least 30 minutes in advance of salad preparation.
- 2 Place spinach leaves in a large bowl, toss with dressing and arrange equally on 4 serving plates.

- 3 Top each salad with equal portions of chicken, mango, avocado and onion slices.



## Nutrition Facts

MAKES 4 (2-CUP) SERVINGS.

Amount Per Serving			
Calories 231			
<b>Total Fat</b>	19g	<b>Total Carbohydrate</b>	17g
Saturated Fat	.7g	Dietary Fiber	3.4g
<b>Cholesterol</b>	60mg	Sugars	12g
<b>Sodium</b>	193mg	<b>Protein</b>	23.6g

©2010 Oakstone® Publishing, LLC